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WHAT IS CLAIMED IS:

- 1. A helical implant formed with threads thereon, wherein each of the threads has thread inclines comprising one or more recesses.
- 2. The helical implant as set forth in claim 1, wherein the recesses have a polygonal cross-section opened at one side thereof.
 - 3. A helical implant formed with threads thereon, wherein each of the threads has thread inclines comprising one or more recesses and protrusions.
 - 4. The helical implant as set forth in claim 3, wherein both the recesses and protrusions have an arcuate cross section of identical curvature and length.
 - 5. The helical implant as set forth in claim 2 or 4, wherein the recesses have a cross sectional area of 150 μ m.